



MOVE FOR FUN TRAIN FOR LIFE

GRAVITY Training
MISSION VALLEY YMCA
JULY 2017

MONDAY

Pilates

7:15-8:00 a.m.

Shauna (All)

TBW/Healthy Joint

9:30-10:15 a.m.

Jeff (All)

TBW/Healthy Joint

10:30-11:15 a.m.

Jeff (All)

Member: \$50
Participant: \$68

TUESDAY

TBW

7:15-8:00 a.m.

Cara (All)

TBW/Yoga

8:30-9:15 a.m.

Deborah (L2)

Strong & Lean

11:30 a.m. - 12:15 p.m.

Carolyn (All)

TBW/Healthy Joint

10:30-11:15 a.m.

Jeff (All)

TBW

6-6:45 p.m.

Deborah (All)

Member: \$30
Participant: \$41

WEDNESDAY

Pilates

7:15-8:00 a.m.

Mel (All)

TBW/Healthy Joint

9:30-10:15 a.m.

Jeff (All)

TBW

10:30-11:15 a.m.

Jeff (All)

Core

5:30-6:15 p.m.

Jill (L3)

Member: \$40
Participant: \$54



THURSDAY

TBW

6:15-7 a.m.

Ruth (All)

TBW

8:30-9:15 a.m.

Ruth (L2)

TBW Blast

11:30 a.m. - 12:15 p.m.

Carolyn (All)

Member: \$40
Participant: \$54

FRIDAY

TBW/Pilates

7:15-8:00 a.m.

Moana (All)

Core

9:30-10:15 a.m.

Cara (All)

Member: \$40
Participant: \$54

SATURDAY

TBW

7:15-8:00 a.m.

Cara (All)

TBW

8:15-9:00 a.m.

Cara (All)

Core

9:15-10:00 a.m.

Jill (L3)

Member: \$50
Participant: \$68

SUNDAY

TBW

9:30-10:15 a.m.

Jill/Deborah (All)

Member: 50
Participant: \$68

CLASS LEVELS

- (All) All fitness levels welcome. Arrive early if first time participant.
- (L2) Have taken prior Gravity class. Currently physically active.
- (L3) Experienced on Total Gym equipment. Conditioned & physically active.

All classes subject to change. All classes have a minimum of four and a maximum of ten people.



GRAVITY

Train smart and harness the power of GRAVITY bodyweight training for the most time-efficient and transformative total body workout you'll ever encounter.

GRAVITY TRAINING REGISTRATION

- Classes are sold in monthly sessions based on the number of classes offered each month.
- All monthly sessions must have a minimum of four and a maximum of ten people.
- Registration opens at start of prior month.
- Register online at missionvalley.ymca.org, visit the Welcome Center, or call 619-298-3576.
- **Reserved Registration** for the following month is offered to members in the current month's session who enrolled **before the first of the month**.
- Reserved registration payment is required the 1st-7th of each month. If registering online, select the "balance due" tab.

GRAVITY MAKE-UP CLASS INFORMATION & POLICY

- **GUARANTEED MAKE-UP CLASSES:**
 - When you email Cara, indicate you would like a "Guaranteed Make-Up"
 - Please include your desired make-up class choice; ensure your make-up date is within 30 days of the original missed class.
 - If spots are available, Cara will confirm your guaranteed spot and you are all set — just attend the agreed upon class!
 - If not available, Cara can help you find a different class that fits your needs and reserve a guaranteed spot.
- **MAKE-UP TICKETS:**
 - When you email Cara, ask her for a "Make-Up Ticket"
 - Ticket will be issued by Cara and left for you at the Welcome Desk upon her email confirmation.
 - You can pick up your ticket from the front desk at any time after you receive the confirmation email.
 - Present the ticket to the instructor at the beginning of any class that has an open machine available. We recommend that you arrive 10 minutes early before class begins.
 - Priority of the ticket is equal to a drop-in (first come, first served basis), but cannot take the place of a registered monthly member.
- **DROP-IN CLASSES:** We no longer offer 30 min. classes. If space is available, drop-ins are available and sold up to one hour before class: 45 min. classes \$12/members and \$15/participants.

PLEASE NOTE: MAXIMUM TWO MAKE-UP CLASSES PER SESSION



The Power is in **YOU**

CLASS DESCRIPTIONS

Core

Significant focus on core awareness, muscular activation and balanced strengthening to the core 'powerhouse'.

Healthy Joint

Combine total body conditioning with specific exercises to improve optimal joint function of the lower back, shoulder, and knee.

Pilates

A blend of traditional Pilates reformer and mat exercises designed to fit all levels of participant fitness.

Strong & Lean

Combines strength and stretching that will not only build muscular endurance, but increase flexibility as well. Workout involves a full range of movements strategically designed to enhance mobility and stability.

Yoga

Total body conditioning, incorporating a series of postures that focus on the release of tension and stress. Concentration on breathing and relaxation techniques that are gentle on the joints.

TBW (Total Body Workout)

Comprehensive full-body workout to condition cardiovascular, muscular fitness and to enhance flexibility.

For more information on
GRAVITY, please contact

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or 619-298-3576, ext. 12046